

INDEX

Commanders	2	Community	18-19
News	3-10	School	22
Feature	11	Police	23
Army News	13	DHR	24
FMWR	16	Chapel	25
Health	17	Sports/Fitness	32



The Fort Jackson Leader

Thursday, October 16, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Fulfilling family needs

Fort Jackson to get two new child care centers

Ashley Henry
Public Affairs Intern

Fort Jackson's Child, Youth and School Services will open two new Child Development Centers under the accelerated program for CDCs in fiscal year 2009 as part of the Army's commitment to families.

The new centers will offer care for about 300 additional children, ranging from infants to kindergartners, and will be located behind the Youth Center on Chestnut Road.

"The Army's goal is to meet 80 percent of the child care de-

mand for military by 2010," said Rose Edmond, CYSS chief. "So that is why we are getting additional facilities."

Fort Jackson's CYSS has, at certain times throughout the year, a waiting list of approximately 130 infants, pre-toddlers and toddlers according to Edmond. The new facilities, she said, would eliminate this waiting list.

"The biggest benefit for us is that we have had some space challenges in the past with our facilities and we have a very aging child care center," Edmond said. "Obviously we hope to fill up the new ones when they open, but if not it may give us a little

room to do some renovations (on the older ones)."

The new centers will help to fulfill the Army's commitment to families by providing child care to meet the special needs of Soldiers' families that off-post facilities cannot do. One of the biggest special needs, according to Edmond, is having centers that open up earlier and stay open later.

Fort Jackson currently has a center that opens at 5:15 a.m. and one that does not close until 8 p.m.

See **CYSS** Page 4

Leaders prepare, plan for worst-case scenario flu pandemic

Crystal Lewis Brown
Leader Staff

What do you do when more than 10,000 people are infected with an incurable virus, leaving 900 hospitalized, 300 dead and thousands more too sick or afraid to go to work?

That is exactly what Fort Jackson officials spent almost four hours discussing during a pandemic influenza exercise last week.

John Coynor, Fort Jackson force protection officer, said the purpose of last week's exercise — which contained historical facts, possible scenarios, and contingency plans — was mainly to inform.

"What I was trying to do with this exercise, and I think it was successful, was raise awareness and initialize discussion about the situation," he said.

Having a plan now, he added, allows the garrison to deal with many "human" issues that may otherwise be forgotten. For example, a representative from the chaplain's office was on hand to chime in about what type of religious considerations would be

necessary in case of deaths caused by a pandemic.

"We have to think about these things before they happen," he said.

According to a presentation by Lt. Col. Carol Moores, chief of preventive medicine at Moncrief Army Community Hospital, several pandemics and pandemic threats have affected millions worldwide since the beginning of the 20th century. The Spanish flu in 1918 killed more than 50 million alone, while thousands more were affected by milder flu pandemics occurring later in the century.

But despite the historical data, Coynor said the public should not panic.

"You can see from the historical perspective, these things occur about every 10 years," he said. "Will we have another pandemic? Sure we will. Will it be a catastrophe like the Spanish flu? It doesn't have to be."

Currently, the Avian flu — which was first identified in 1997 — has only been spread from animals to humans. So far, no

See **Flu** Page 4

Post welcomes new CSM



Photo by Mike A. Glasch

Command Sgt. Maj. Brian M. Stall accepts the Fort Jackson colors from post commander Brig. Gen. Bradley May during a Change of Responsibility ceremony Oct. 9 at the Joe E. Mann Center. Stall is the 21st post command sergeant major in Fort Jackson's history. Stall comes to Fort Jackson from Korea, where he was the command sergeant major for the 2nd Infantry Division. He replaces Command Sgt. Maj. Brian Carlson who retired after 30 years of service.

COMMANDERS' CORNER

From the Commanding General

Protect yourself now — vaccinate against the flu



Brig. Gen. May

With the flu season fast approaching, Fort Jackson medical experts have been busy preparing immunization schedules for their Soldiers and community.

Flu injections and intranasal vaccines will begin next week.

Influenza is not to be taken lightly.

In the United States last year, there were more than 200,000 people who were ill from the flu and more than 36,000 people who died as a result of flu-related complications.

Influenza is a contagious respiratory

disease caused by the influenza virus. The best way to be protected is to get vaccinated every year.

Studies have shown that both injections and intranasal vaccines are safe and effective at preventing flu.

In the 1990s, it is estimated that there was a U.S. average of 36,000 annual deaths related to influenza. Each year between 5 and 20 percent of the population gets the flu, resulting in about 200,000 hospitalizations.

Department of Defense policy requires the immunization of all active-duty and reserve-component personnel against influenza, as well as vaccinations for almost all emergency essential and equivalent civilian personnel.

But I urge you to follow the recommendations set forth by the Advisory Council on Immunization Practices, which advocates annual influenza vaccines for the following individuals:

- All children 6 months to 18 years.
- Anyone 50 years or older.
- Anyone at risk of complications for flu, or those who are more likely to require medical care.
- Women who will be pregnant during the flu season.
- Anyone with long-term health problems.
- Anyone with a weakened immune system.
- Residents of nursing homes and other chronic care facilities.

— Anyone who lives with or cares for people at high risk for influenza-related complications.

— Household contacts and caregivers of children small children (infants to 5 years old).

Our medical professionals are reminding us that there are specific contra-indications to the flu vaccines. Do not get either intra-nasal vaccine or a flu shot if you have an allergy to chicken proteins, egg, or other component of the vaccine.

Do not get a flu shot if you have had a severe reaction to the influenza vaccine in the past, developed Guillain-Barre Syndrome within six weeks of getting the flu vaccines in the past, or if you are sick with a fever.

Ask the Garrison Commander

OCONUS leave; EFMP deferment; family escort



Col. Dixon

Q I've just started Basic Combat Training and I am planning on going to Germany during block leave. What must I do to request leave outside the continental United States (OCONUS)?

A Soldiers requesting OCONUS leave must submit a request on DA Form 4187. This request must be submitted 30-45 days (or as soon as they

arrive at Fort Jackson) before the departure date. Certain countries do not require the 30-45 day submission to obtain country clearance, then the battalion Personnel Administration Center will process the DA Form 31, along with the Anti-Terrorism Briefing, as normal. Puerto Rico, Guam, Virgin Islands, Alaska, Hawaii and Canada are not considered OCONUS. Call the Personnel Operations Work Center at 751-5995/4297, for additional guidance and assistance regarding OCONUS leave.

Q I'm on assignment to Camp Zama, Japan. Two of my children are enrolled in the Exceptional Family Member Program. Will I be deferred from my assignment for that reason?

A No, you will not be deferred based on enrollment in EFMP after receipt of orders. In accordance with Army Regulation 608-75 (Exceptional Family Member Program), paragraph 2-1a (4), Soldiers who enroll in the EFMP after receipt of OCONUS assignment instructions need to be aware that enrollment may not affect that assignment. If general medical care is not available, the Soldier may be required to serve an "all-others" tour. Paragraph 5 states that participation in the EFMP is not the basis for deletion, deferment or compassionate reassignment.

Q My spouse and I are both in the military. He is currently on assignment to an overseas duty station and our family member has been authorized for non-concurrent travel. As the other parent, am I authorized to escort our family member to the new duty station?

A Yes, in accordance with Army Regulation 55-46, Travel Overseas, Chapter 6, paragraph 6-3. When family member(s) of a dual military couple are not authorized concurrent travel with the Soldier to the new duty station, then one parent of the dual military couple, but not another person, may travel as an escort when travel to the new duty station is authorized for the family member(s).

Q I'm on assignment to Kuwait and I wanted to participate in the Homebase Advance Assignment Program with a return assignment to Fort Bragg, N.C. However, I've changed my mind and do not want to participate at this time. Is it too late to change my option?

A No, it is not too late to change your option. Participation in the HAAP is optional. Your desire not to participate in the HAAP will be indicated in your Permanent Change of Station orders. See, Army Regulation 614-200, paragraph 9-1 (b), for additional guidance.

Garrison Fact of the Week

The School Age Services Program will provide transportation to and from the following off post schools for the 2008-2009 school year: Caughman Road Elementary School, Meadowfield Elementary School, Forest Lake Elementary School, Windsor Elementary School, Condor Elementary School, Polo Road Elementary School, Pontiac Elementary School, Sandlapper Elementary School and North Springs Elementary School, Rice Creek Elementary School and Lonnie B. Nelson.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services adver-

tised. All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020

For classified advertising information only: call (800) 698-3514 or e-mail skaress@ci-camden.com or fax (803) 432-7609.

To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail

fjleader@conus.army.mil.

Staff

Commanding General Brig. Gen. Bradley W. May
Public Affairs Officer Karen Soule
Command Information Officer Joseph Monchecourt
Editor Carrie David Ford
Staff writer Mike Glasch
Staff writer Crystal Lewis Brown
Contract writer Susanne Kappler
Contract writer Daniel Terrill
Web site www.fortjacksonleader.com

NEWS

MACH schedules community flu shots

Crystal Lewis Brown
Leader Staff

As warm, humid days give way to cool, rainy ones, the Fort Jackson community — like much of America — is preparing itself for another season.

Not fall or winter, but flu season.

Starting Oct. 21, Moncrief Army Community Hospital workers will begin their annual flu drive to help make sure the Fort Jackson community has the armor to stay healthy this season.

Sgt. 1st Class Jeremy Lavanway, non-commissioned officer in charge of the post flu drive, said he anticipates 10,000 people will receive the flu vaccine during the drive. Giving the vaccinations at the commissary will allow people to stop by before or after shopping, he said. Focusing strictly on the flu vaccine will also speed up the process.

“That will ... cut down the wait time at the hospital,” he said.

He only expects there to be a 10-15 minute wait for the vaccine.

Both the flu shot and flu mist will be available during the drive. Because the vaccine is the best way to prevent the flu, Lavanway recommends all ID cardholders eligible to receive the vaccine do so.

“They need to come and see me at the commissary,” he said. “It’s always better to be vaccinated than not. I’d rather deal with the side effects than get (the flu.)”

Side effects from the flu shot include low-grade fever and soreness around the injection site, while the flu mist side effects include runny nose, headache and fever. More than 200,000 people are hospitalized and 36,000 more die from flu complications each year.

According to the Centers for Disease Control and Prevention, receiving the flu vaccine is especially important for those from 6 months to 19 years old, those 50 years of age and older and pregnant women.

However, the flu mist is only an option for healthy people 2-49 years old who are not pregnant.

The drive is only for ID cardholders entitled to on-post health care, such as active duty Soldiers, retirees and active-duty dependents. However, Lavanway said, if there is leftover vaccine, MACH will try to accommodate other Fort Jackson employees.

The flu drive will be held at the commissary from 10 a.m. to 2 p.m., Oct. 21, 22, 29; Nov. 1, 5, 12, 15, 19, 22; and Dec. 3, 6. For more information about the flu drive, contact 751-2291.

Crystal.Y.Brown@us.army.mil

171st Inf. Bde. chapel upgrades slated from the steeple to the floor

Mike A. Glasch
Leader Staff

Renovations to the Anderson Street Chapel should begin by early November. According to Chaplain (Lt. Col.) Harry Reed, 171st Infantry Brigade chaplain, \$94,000 has been allocated to replace the carpet, repair the steeple, replace rotten wood, refurbish and reupholster the pews and paint the inside and outside of the building.

Of the allotment, \$37,000 was provided by the 171st Inf. Bde., and the Chief of Chaplains matched that amount. The additional \$20,000 was also provided by the Chief of Chaplains from a fiscal year-end surplus.

Before the renovations can begin though, an environmental survey has to be conducted.

“There is some concern there may be some asbestos that will have to be dealt with,” Reed said. “If so, they will have to do an OSHA quarantine to get the asbestos out before any other renovations can begin.”

Daniel Circle Chapel is also in need of some renovations. Reed said the Directorate of Public Works estimated it will cost \$478,000 to complete all the repairs.

“The windows are the number one priority with Daniel Circle Chapel,” Reed said. “They are in desperate need of repair. They could pose a safety issue.”

Other repairs slated for the Daniel Circle Chapel include replacing the carpet and curtains, repairing the steeple, painting the interior and exterior, as well as reconstructing the balcony and extending the platform for the sound system.

The funding request for those repairs is currently under consideration. Half of the money would come from the garrison budget, while the Chief of Chaplains will match whatever amount the garrison allots.

In addition to some of the repairs addressing a safety issue, Reed said he believes once the renovations are complete, there will be a psychological impact on those who worship in the two chapels.

“People will be able to feel good about the place of worship they come to,” he said. “Not that they don’t feel that way already, but from my perspective and Chaplain Gilliam’s (187th Ordnance

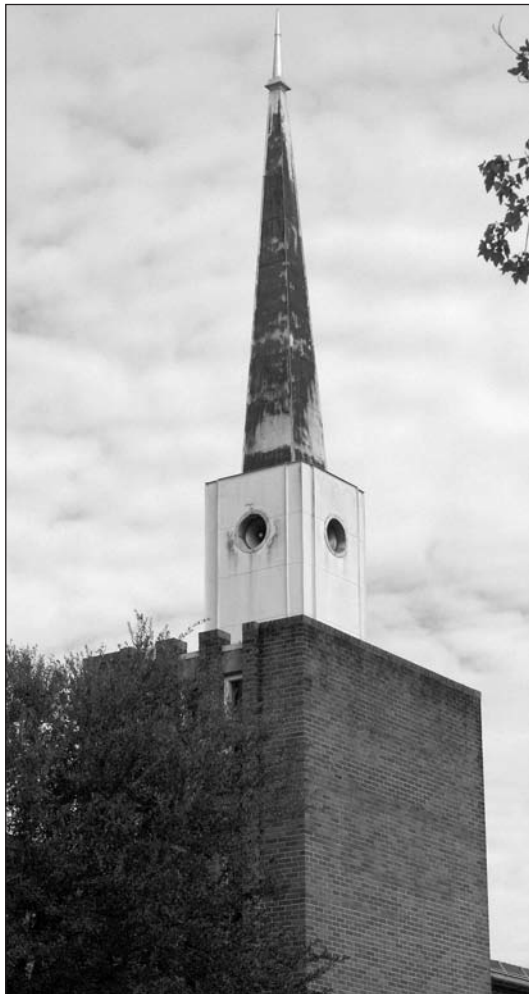


Photo by Mike A. Glasch

Renovations on the Anderson Street Chapel are expected to begin by early November. The steeple is just one of the repairs that will be covered in the \$97,000 project.

Battalion chaplain) perspective, when you come to the house of God, you would like a place that is not only spiritually fit on the inside, but is looking good on the outside.

“Just like anyone’s home, when you walk outside and you see that you have a nice manicured lawn and everything is in its right place, you feel good about your home. I believe people will feel good about coming to a house of God when the house looks like it is being well taken care of.”

Michael.A.Glasch@us.army.mil

Tours to introduce Soldiers to community

Ashley Henry
Public Affairs Intern

Brig. Gen. Bradley May, Fort Jackson commanding general, will open Fort Jackson’s doors and invite local citizens to come take a tour of the Army’s largest Initial Entry Training installation.

The tours, which begin Nov. 14, are a way for local residents to spend a day with Soldiers while also allowing Fort Jackson the opportunity to educate the community on its unique mission.

“We have done similar tours in the past,” Karen Soule, public affairs officer said, “but those tours were offered to community leaders and educators. The new tours are open to the general public and offer the same experience.”

The tours, which will take place monthly, will show local citizens how Soldiers train and offer some insight into the day-to-day operations of Basic Combat Training.

During the five-hour event, participants will attend a BCT graduation, see Soldiers train, learn to shoot the M-16A2 simulator, eat in an Army dining facility and get questions about the Army answered.

“The new initiative is ambitious, as it will be a continuing opportunity for the community,” said Debbie Avery, community relations officer. “A generous amount of time goes into this effort by our planners, leaders and trainers. Brig. Gen. May has given the Community Outreach Tours great energy and commitment.”

“Visitors will leave Fort Jackson with an appreciation of the Army, its men and women,” she continued. “Veterans will see the changed methods of training, equipment and updated technology, and leave the Basic Combat Training Center of Excellence with a new sense of pride.”

Some who are not familiar with the fort are often intimidated by controlled gate access. One goal of the tour is to alleviate some of the apprehension of coming to the fort.

“I think people are often intimidated with the gate guards and the requirement to show identification and registration,” Soule said. “We would like to alleviate some of those concerns as well as help them learn more about their Army.”

There are limited spaces available for the tours. For more information regarding this tour or future tour dates, call 751-1474.

Ashley.Rose.Henry@us.army.mil

Around Post

Food Expo

The third annual Fort Jackson Food Expo is set from 11 a.m. to 2 p.m., Tuesday at the NCO Club. Door prizes will be awarded, and admission is free. For more information, call 751-5556.

Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Selected officers will attend law school beginning Fall 2009. Officers interested in applying should register for the Law School Administration Test. For more information on the application process and eligibility criteria, call 751-7657.

Marion St. Station Construction

Marion Street Station will be under construction while a new roof is built. The construction will last until Oct. 25. There may be changes to the entrance and exit during construction.

Pandemic *(continued from Page 1)*

cases of human-to-human transmission have been reported.

Last week's exercise was based on the assumption that the virus had mutated and was able to be transmitted by humans. Discussions included a mass immunization plan, a continued training plan for Basic Combat Training Soldiers, the limiting of civilians' and Soldiers' movements on and

off post and a plan for continuing services with a limited workforce.

Col. Lillian Dixon, garrison commander, said exercises like this are important to keep the installation prepared for the unexpected.

"Although there is nothing to indicate an influenza pandemic is currently a strong threat, taking the time to address the issues and concerns now goes a long way to mak-

ing sure Fort Jackson is prepared," she said.

Coynor agrees that awareness is the key to keeping the virus at bay by giving the public and officials the knowledge to be wary of going to countries in the midst of a pandemic.

"If you're aware, you're not going to get on a plane and go to that place are you?"

Crystal.Y.Brown@us.army.mil

GC begins Domestic Violence Rally



Photo by Susanne Kappler

Col. Lillian Dixon, Fort Jackson garrison commander, addresses the crowd during the Domestic Violence Rally Saturday at the Youth Services Center. Community members gathered to make a stand against domestic violence during the event, which featured Jackie Gadsden from There's Room, Inc., as a guest speaker. The rally's motto was "The Army family — Together we prevent domestic violence."

CYSS

(continued from Page 1)

The new centers are scheduled to be completed by Sept. 30.

"I'm am thrilled that the Army leadership has recognized how important child care is for our Soldiers," David Harmon, Family and Morale, Welfare and Recreation director said, "and has decided that the importance is so high that they needed to put these centers on an accelerated schedule."

Ashley.Rose.Henry@us.army.mil

Customer Service Corner

This week's article focuses on a recently completed Community FIRST issue, as well as highlights issue submission month. The completed issue pertains to the Defense Commissary Agency:

Title: Diet-restricted foods availability

Scope: Currently the commissary does not have a section for foods that are specific to individuals with dietary restrictions. In the interest of promoting healthy eating habits and accommodating individuals with dietary restrictions, the commissary should have a section specific to this need.

Recommendation: Create a section for low-sodium, low-sugar, low-protein and other diet-restricted foods, so that these foods are easily accessible.

Response: This section already exists. It is located near the entrance of the store on the left with a sign, "Nutrition Center." The restricted diet foods are located in that area.

October is Issue Submission Month

As first quarter fiscal year 2009 begins, the community is asked to submit issues they have to the Community FIRST coordinator in care of Customer Management Services, Building 3499, Fort Jackson. Community FIRST is a quarterly process designed to identify and resolve issues pertaining to the services provided on the installation. These are issues that cannot be fixed by Interactive Customer Evaluation, but impact community members — Soldiers, including Reserve and National Guard, family members, civilian employees, retirees and veterans. It is important to have a cross-section of issue submissions to ensure each constituent group is reached and their concerns addressed. Resolving issues each quarter, rather than once a year, helps community leaders identify and resolve issues on a continual basis.

Since the start of Community FIRST in 2004, more than 660 issues have been collected (averaging about 130 issues annually). This is almost 10 times the number of issues previously surfaced during our annual process.

Community FIRST works as follows: During the first month of this quarter (October), issues will be requested and collected; the second month (November), the issues will be validated and distributed to the directorates or organizations responsible for resolution; the third month (December), the Installation Action Council will convene and review each active issue and then vote on whether to forward the issue to the installation senior commander. The process is repeated each quarter throughout the fiscal year. Community members are encouraged to actively participate in this process to improve customer service on Fort Jackson.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or the entire Army; feedback is important.

Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

ICE Appreciation

The garrison congratulates the Directorate of Human Resources, specifically the Personnel Automation Work Center and the Personnel Strength Management Branch/ Reassignments and Promotions. They have achieved a 4.94 and a 4.87 rating, respectively, in employee/staff attitude out of a possible 5.0 for a 12-week period.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

From the "Always Forward" Battalion



Staff Sgt. Austin-Arlo Doyle
Company A,
1st Battalion,
34th Infantry
Regiment



Staff Sgt. Michael Rasmussen
Company B,
1st Battalion,
34th Infantry
Regiment



Staff Sgt. Tracy Crockett
Company D,
1st Battalion,
34th Infantry
Regiment



Sgt. 1st Class Ramon Medrano
Company E,
1st Battalion,
34th Infantry
Regiment



Sgt. 1st Class Rodolfo Ruiz
Company F,
1st Battalion,
34th Infantry
Regiment

Situational Awareness Leads To A Safer Training Environment.



Pre-mission planning, controls for diminished conditions, and attention to detail are essential for successful mission accomplishment.



Workforce benefits from disabled employees

Kay Williams

Equal Employment Opportunities

In recognition of the proclamation by the president naming October National Disability Employment Awareness Month, this is the perfect time to honor the contributions that people with disabilities continue to make in the workforce. It is also a time to reflect on the hardships wounded and injured Soldiers and service members face as they adjust to disabilities resulting from combat wounds.

Employment enables economic participation, but employment also provides professional growth experiences and increased social participation. Employers who hire people with disabilities find they have tapped into a talented, skilled and diverse pool of workers, who often bring a unique perspective of diversity to the workforce.

National Disability Employment Awareness Month, 2008; A Proclamation by the President of the United States of America

During National Disability Employment Awareness Month, we reaffirm our commitment to ensuring that our

Nation's promise extends to all our citizens.

Millions of Americans live with disabilities, and many other Americans will become disabled at some point in their lives. To integrate people with disabilities more fully into every aspect of life, our country is working to advance greater freedoms at work, in schools, and throughout communities. By expanding employment opportunities and fighting false perceptions that hinder people living with disabilities from joining the workforce, we can uphold America's moral values, strengthen our economy, and make America a more hopeful place.

More than 7 years ago, my Administration announced the New Freedom Initiative, which expanded upon the landmark reforms of the Americans with Disabilities Act. Since then, the Initiative has increased access for people with disabilities through technology, provided additional educational opportunities for youth, and integrated more Americans into the workforce. My Administration remains committed to empowering all people to reach their full educational, social, and professional goals. To learn more about the Federal Government's disability-related pro-

grams, please visit DisabilityInfo.gov.

To recognize the contributions of Americans with disabilities and to encourage all citizens to ensure equal opportunity in the workforce, the Congress has designated October of each year (36 U.S.C. 121) as "National Disability Employment Awareness Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim October 2008 as National Disability Employment Awareness Month. I call upon Government officials, labor leaders, employers, and the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of October, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

GEORGE W. BUSH

For more information, call the Fort Jackson Equal Employment Opportunity Office at 751-7248.

In hard financial times, nest egg should be last resort

Azure Celestine-Brown

Financial Advisor

Today's challenging economic environment can create a cash crunch, as some people may face huge expenses, such as unanticipated medical costs or the possibility of a home foreclosure.

In many cases, credit card debt limits have been reached, and with declining home values, home equity loans may not be an option to provide quick cash.

When situations like this occur, many are tempted to rely on what may appear to be the most readily available source of money — their 401(k) plan. Hardship withdrawals from workplace retirement plans are drawing more interest from investors.

While 401(k) dollars can be tapped for emergency purposes, the assets are not as liquid as you might expect. Taxes and penalties may apply if you withdraw funds early, and there is little flexibility to avoid it.

For instance, if you are in the 25 percent tax bracket, a withdrawal of \$10,000 from your 401(k) will net you \$6,500 in available cash after you pay taxes and a 10 percent penalty.

Because of that, and due to the fact that you should be doing all you can to preserve your retirement portfolio, it may be best to avoid early withdrawals from your 401(k).

After all, once retirement comes, you may not have the opportunities to add more to your nest egg. Early withdrawals today could increase the risk that you may outlive savings in retirement.

Timing not the best

If your portfolio is performing somewhat in line with the stock market, selling during a market downturn is not typically recommended.

For most investors, this has been a challenging period where the value of their 401(k) has been declining because of the difficult market environment.

It is also important to note that withdrawals can only occur under specific circumstances. According to the IRS, an early withdrawal from a 401(k) qualifies as a hardship if you are:

- Paying unreimbursed medical expense
- Purchasing a principal residence
- Paying college tuition costs for certain family members
- Making payments to avoid a home foreclosure or paying for home repairs
- Covering the costs of a funeral

Even if you meet these conditions, you will not avoid paying tax and penalty on your withdrawals.

Find other options

To preserve the integrity of your retirement plan and avoid the impact of taxes and penalties, you should consider alternatives to hardship 401(k) withdrawals to meet short term financial needs.

One option is to take a loan from your 401(k) plan. Check with your plan sponsor (your employer) to see if loans are an option within your plan.

At the same time, use caution. When you borrow from your 401(k), you repay the loan at interest rates that are often tied to the current prime rate, but the amount you took out of the account is no longer generating returns from your investment portfolio.

In addition, an important caution is to pay back the loan as quickly as possible. If your employment should be terminated, the unpaid portion of the loan is treated as a distribution, subject to taxes and possible penalties for early withdrawals.

Your best bet to meet current cash needs is to try to discover another alternative that allows you to keep your 401(k) intact for its primary purpose — funding your retirement.

Editor's Note: Azure Celestine-Brown is a financial advisor with Ameriprise. She is also a former service member and an Army spouse.

Opportunities grow for civilians in theater

Mike A. Glasch
Leader Staff

Hundreds of opportunities exist for DA civilians to serve in Iraq and Afghanistan; and that number is expected to grow. Both the Army and DoD are increasing the civilian deployment capacity.

Currently there are about 3,700 deployed DA civilians. Since 2001, more than 16,000 civilians DoD-wide have served in the U.S. Central Command's area of operation.

In a recent press release, Patricia Bradshaw, deputy undersecretary of defense for civilian personnel policy, said operations in Iraq and Afghanistan pointed to the roles DoD civilians can play.

"In the past, there were many situations and job opportunities that we have just routinely relied on the military to do, or we have turned to a contractor," she said. "At the end of the day, when you look at the duties that need to be performed in theater — and particularly as the [security] situation becomes more permissive — it provides opportunities for DoD civilians to serve."

Jo An Miller, Fort Jackson's American Red Cross station chief, is one of those who has answered the call to deploy and serve alongside those in uniform. She has deployed twice: Camp Doha, Kuwait (Dec. 2001), and Tikrit, Iraq (Jan. 2005), and will be deploying to Bagram Air Base, Afghanistan, next month.

"You get very close to the Soldiers," she

said. "You make quite a few lasting friends and you stay in touch with them. You bond because you see them every day and so often."

Miller will be in Afghanistan for four months. Her stay will be shorter than the stay of most civilians who volunteer to deploy. Most jobs are temporary assignments with a year commitment, but some only require six months.

Before a civilian is deployed, he or she must go through a lengthy process. Civilians must pass a pre-deployment physical and receive numerous vaccinations. Training — including basic first aid, Soldier field survival skills, prisoner of war coping skills, and standards of conduct, customs and courtesies of the host country — is also required.

Depending on the specific position and location of their deployment, civilians may be required to pass sidearm training as well. They must also apply for a security clearance and any necessary passport, visa or country clearance.



Leader File Courtesy Photo

At camp Doha, Kuwait, in 2002, Red Cross workers Jo An Miller (left) and Noreen Watts (right) notify Staff Sgt. Ostrander about the birth of his child. Ostrander was presented with a birth certificate and a cigar to celebrate his new fatherhood. Miller is deploying again in support of the Global War on Terror, this time to Afghanistan.

Miller admits volunteering to serve in a war zone is not for everyone.

"It's not for someone who likes all the good life. It's not always easy. The living conditions can be sparse," she said. "I tell myself, 'Soldiers do it everyday, so I can do it, too.'"

In addition to personal rewards, there are additional benefits to civilians who choose

to deploy. They receive additional monetary compensation and lifelong medical care for any injuries they may sustain. Taking on an assignment in Iraq or Afghanistan can also help an employee's long-term career goals.

"At the end of the day, it's not only good for accomplishing the mission, but [also] for building an individual's portfolio for the future, [when] this kind of experience will become ever more important," Bradshaw said.

When the assignment is over, employees are guaranteed to return to the jobs they left or similar ones.

When trying to decide whether to volunteer for a deployment assignment, Miller has one piece of advice.

"Follow your dreams. If you feel that you would be doing a good job, and it would be some-

thing that would be worthwhile, I say, 'Go for it,'" she said. "As far as danger aspect, there's danger here. I feel I'll be just as safe in Afghanistan as I am here. I don't think about the danger too much."

To search for assignments in Afghanistan and Iraq go to the CPOL employment Web site at www.cpol.army.mil.

Michael.A.Glasch@us.army.mil

FEATURE

Spouse rekindles acting passion in Columbia



Photo by Daniel Terrill

A “Jack-of-all-trades” and “Mistress of none,” Altonia Chatman works as a supply technician for the 3rd battalion, 60th Infantry Regiment, but acting is her passion. Chatman recently starred in a local play.

Daniel Terrill
Leader Staff

One year and five months.

That’s how long it took Altonia Chatman to reconnect with what she loves after moving to Columbia.

The 33-year-old supply technician with the 3rd Battalion, 60th Infantry Regiment discovered Columbia’s artistic underground while starring in “Birth,” a play about women and child birth that follows eight characters through their delivery.

She said her experience “was very, very touching because not everyone’s birth story was as fun as mine. I had to squat on stage and grunt and give birth like a dog.”

The cast had three weeks of rehearsals for the two-night showing, “normally for a production you will rehearse for at least two months before you go on stage.

“I think being in this play really changed my perspective about the city of Columbia,” Chatman said. “I honestly thought Columbia was a little slow (artistically) since I’ve been here.”

Although born in North Carolina, she calls Baltimore home. It is where she grew up, attended high school and started college.

“There was just always something to do (there),” Chatman said. “Columbia seemed quiet. Now I see otherwise. Unfortunately, it took me a year to figure that out.”

Chatman started acting in high school and continued in college.

“I thought about doing it professionally, but the indus-

try (in California) is just so cutthroat. So I just said, ‘I’ll do it for fun and if I make it, great.’”

She said she still has goals in the theater.

“Almost every actress has a list of productions she wants to do before she dies,” Chatman said. “I don’t audition for just any and everything ... I like something that speaks to me.”

In addition to being an actress, Chatman is a former service member and now a military spouse. The same drive and determination she brings to the stage, she also applies to life.

“Military spouses have to be so adaptable; sometimes your husband isn’t necessarily around to do things for you,” Chatman said.

She approaches each task with the same mentality — “I can figure this out; this’ll be easy.” — which she also uses in the workplace.

“She’s always doing whatever it takes to complete the mission at hand,” said JaRenna Floyd, Chatman’s friend and co-worker.

Mary Prioleau agrees.

“She has many abilities, very talented, multitasking,” said coworker and friend Mary Prioleau. “In short, she’s just an awesome lady.”

Next on Chatman’s agenda is auditioning for two plays on her “productions to do” list — “The Glass Menagerie” next week and “Caroline and Change” in April.

Daniel.Terrill@us.army.mil

Absentee voters urged to cast ballots

Fred W. Baker III
American Forces Press Service

WASHINGTON — It's still not too late to register to cast an absentee ballot in the Nov. 4 general election in some states, a defense department official said last week.

"We want to make sure everyone has the opportunity to vote, and that the vote is counted," said Polli Brunelli, director of the Federal Voting Assistance Program.

Brunelli's office has spent the better part of the past two years working to ensure that the more than 4 million voters eligible to cast absentee ballots have them and understand the requirements to get their votes counted.

The FVPA administers the federal responsibilities of the Uniform and Overseas Citizens Absentee Voting Act for the Department of Defense. Those voters include about 1.3 million military service members and their families living in the United States and abroad, and U.S. citizens living overseas.

With less than a month left before the general election, Brunelli said she expects

much interest on the part of voters this year. Her job, she explained, is not so much to encourage those eligible to vote as it is to make sure that the opportunity is available to the voters.

To make that happen, Brunelli's office launched a Web site that has all the information voters need to find out how to cast an absentee ballot in their voting jurisdiction. Also on the site, voters can register and request ballots. The voter's respective state will then deliver the ballot electronically, and the voter can download it and send it in by whatever method the state allows.

Each state sets its own voting laws, so voters are encouraged to read and heed all requirements sent with the ballot. FVAP officials work with states to ensure they mail out the ballots to the voters, Brunelli said.

"We work with the states, eliminating barriers to absentee voting," she said.

Program officials also have worked with the U.S. and military postal systems to mark and expedite all ballots mailed. The

two agencies have teamed to expedite requested ballots heading overseas through U.S. gateway cities such as New York, Miami and San Francisco. The military postal service reported that from Sept. 8 to 28, 50,000 requested absentee ballots had gone through the gateway cities.

Brunelli said her office also has worked out an agreement with the mail systems to provide express mail for ballots returning from overseas military and State Department post offices from Oct. 29 to Nov. 4.

Electronic delivery of registration, ballot requests and even ballot casting is becoming more popular and makes it much easier for DOD's mobile population, Brunelli said. Many states now allow registration request forms, and some allow ballots to be submitted electronically.

Fifty-one states and territories allow registration by fax, and 23 allow registration by e-mail. Thirty-eight will fax blank ballots to voters, and 21 will e-mail blank ballots. Twenty-six allow a ballot cast by fax and 11 permit voting by e-mail.

"It's a wonderful thing for our voters,

because it cuts down significantly on ballot transfer time," Brunelli said. Electronic submission can cut the traditional transit time for ballots by half, she noted.

Also, electronic submission is very portable. Voters who move or are on temporary duty can still access and cast their ballot from their personal computers.

Those who have requested ballots should receive them soon. Brunelli's office sent out an e-mail last week to 1.3 million active-duty service members, letting them know that now is the time to expect ballots, she said.

Brunelli said she encourages anyone who does not receive a requested ballot to use the federal write-in absentee ballot available on the FVPA Web site, www.fvap.gov.

Officials are encouraging those casting absentee ballots to do so this week.

"Mid-October — the 12th through the 18th — is a good time for these voters to mark their ballots and send them back to the states so that they can be counted," Brunelli said.

Casey focuses on families

Elizabeth M. Collins
Army News Service

WASHINGTON — The chief of staff of the Army and his wife focused on the Army Family Covenant at the Family Forum during the Association of the United States Army Annual Meeting Monday, Oct. 7, saying that major strides have been made, but that the Army still has work to do.

Gen. George W. Casey Jr. and his wife Sheila said that families deserve levels of support commensurate with their service.

"We are Army strong because of the selfless service of our Soldiers, our Army civilians and our families," Sheila Casey said. "America's Army is the strength of the nation and America's families are the backbone and source of Soldiers' strengths.

"Your Army leadership knows that Soldiers can focus on the mission at hand because they know that back at home and around the country, the Army is supporting their families and families are supporting one another," she continued.

"The Army Family Covenant is heartening. It's heartening to know that I'm wanted and that I'm needed. It's heartening to be acknowledged and appreciated. And it's heartening to see the progress," she told the crowd.

"The biggest change is the recognition that there needed to be one," she added in an interview following the forum. We always knew the family was important, but the effort and the resources weren't put there ... When people would quit their jobs, they wouldn't be able to rehire them. There'd be hiring freezes. So consequently the ability to use a program

would go away. So really in the past few years, it's the recognition of what the families have been going through in the past seven years, what their needs are and doing something about it."

Announced last year at AUSA, the Army Family Covenant is a pledge to improve and standardize family programs, to increase the accessibility and quality of health care, to improve Soldier and family housing, to ensure excellence in schools and childcare and to expand education and employment opportunities for Army spouses.

These are all issues that both Caseys found throughout the Army, although Sheila Casey later said that the top concern among families seems to be health care.

"Right now the one we hear the most, every single place we go, is access to medical care. Access to medical care and access to mental health care. There's a mental health care crisis in the United States. There's a lack of sufficient numbers of health care professionals, not only within the service, but outside our gates," she said. "Those are issues that I hear every single place I go."

She is currently the chief financial officer of "The Hill" newspaper in Washington, and in the follow-up interview, she also told spouses that they shouldn't be afraid to build their own careers. Many people only stay in a job for a few years anyway, and like her, spouses may be able to transfer their job when they have to move.

"There are things that you can do and the thing is that you've just got to get out there and do it," she said.

Fire in the sky



DoD photo by Sgt. 1st Class Tom Steber, U.S. Army

A Soldier competing in the "Best Warrior" competition participates in a night fire exercise at Fort Lee, Va., Oct. 2. Twenty-four of the Army's finest warriors representing 12 commands from across the Army gathered from Sept. 29 to Oct. 3 to compete in the competition that selects the Army's Soldier and Noncommissioned Officer of the Year.

www.army.mil
www.tradoc.army.mil
www.defenselink.mil

Army Family Covenant Update

Child care services extended to suit families’ needs

Theresa O’Hagan
Family, Morale, Welfare and Recreation

Fort Jackson families have more child care options with the implementation of extended hours at the Youth Services Center and Scales Avenue Child Development Center and the opening of Jumping Jacks in the MG Robert B. Solomon Center.

In response to the need for extended child care, the School Age Services Program at the Youth Services Center extended its operating hours from 4:30 a.m. to 6 p.m., Mondays-Fridays and from 5 a.m. to 6 p.m., Saturdays for mission-related child care. Parents intending to use the extended hours or Saturday hours should contact Sandra Madera, director, School Age Services.

The Middle School and Teen Program can also provide open recreation for mid-

dle school students from 5 a.m. to 1 p.m., Saturdays before the normal open recreation operating hours, if requested by parents who are working (mission-related) on Saturdays. Meals and snacks are provided at no cost to students attending. Field trips are offered to provide a break from the routine of being in care.

The Scales Avenue Child Development Center has extended its operating hours from 4:30 a.m. to 8 p.m., Monday-Friday and from 5 a.m. to 6 p.m., Saturday for mission-related child care.

Parents intending to use the extended hours are asked to contact Ernestine Dol-larson, assistant director, Scales Avenue CDC. In addition, documentation from the sponsor’s unit will be needed to verify the work hours. The extra operating hours are provided at no additional cost as long as

they are for mission-related care and the Army Family Covenant funding is avail-able to offset any costs. Parents using ex-tended hours should let the center know, so that appropriate meals are available for the children.

Other community members interested in using the extended operating hours may do so, however, there will be a cost for the care (hourly or daily, depending on the number of hours used).

Families using respite care through the Exceptional Family Member Program or who qualify for other types of respite care, such as deployment-related care, may also use their respite care hours on Saturday.

For hourly reservations for children in kindergarten and younger, call 751-6221. For children in first grade and older, call 751-1136.

Jumping Jacks offers adult-supervised child care and health and fitness programs for children and families at the MG Robert B. Solomon Center. Participating in Andy’s Jumping Jacks requires regis-tration with Child, Youth and School Services.

CYSS registration is offered free to eli-gible users through Army Family Covenant funding. For children younger than 12, families must purchase an Andy’s Jumping Jacks card at a cost of \$20. Jumping Jacks cards are issued for a three-month period and include 10 visits for a maximum of two hours per visit.

More programs are currently in devel-opment and will be announced in the *Fort Jackson Leader*.

For more information on this program, call 751-1672.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

Magruders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

The **WGA Member Guest Tournament** begins 9:30 a.m. at the Fort Jackson Golf Club.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Visit Magruders Pub and the NCO Club for **HOOAH Happy Hour** every Friday, 5-7 p.m.

The **DENTAC Hackers Cup** will begin at noon at the Fort Jackson Golf Club.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover

charge is \$3 for military and \$5 for civilians. Live broad-casts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Offi-cers’ Club.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet**, featur-ing fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magruders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.
- The **NCO Club breakfast** is served 6-9 a.m., Mon-day through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- The **Officers’ Club specializes in catering** wed-

ding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special oc-casions.
- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are dis-counted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Vic-tory Travel in the MG Robert B. Solomon Center.
- **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Sol-diers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

- Registration, call 751-4865.
- Six weeks-kindergarten, call 751-6221/6230.
- Grades 1-5, call 751-1136/6387.
- Grades 6-12, call 751-3977/6387.
- Child Development Home serving children be-tween 6 weeks and 12 years old, call 751-7169/7170.
- Enjoy resort accommodations for two to six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your en-rollment and help you find an available resort. Fort Jackson is Installation No.164.

Preventing training, sports-related injuries

Mary Katherine Murphy
*U.S. Army Center for Health
 Promotion and Preventive Medicine*

Leg, knee and ankle overuse injuries are the single biggest threat to Soldier health and readiness, according to Bruce Jones, M.D., who manages the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine.

In other words, these injuries sideline Soldiers more frequently than any other type of injury, disease or chronic physical condition, or even any battle injury.

Jones and other CHPPM epidemiologists have shown that relatively minor injuries such as sprained ankles can be costly in terms of lost training time and reduced combat readiness.

It follows, then, that leaders and Soldiers need to be conscious of the signs of overtraining to prevent unnecessary injuries. A decrease in performance of individuals or groups, substantial increases in fatigue, decreases in morale among Soldiers training or playing sports as a unit, and higher incidence of injuries each may signal too much training, Jones said.

What Soldiers should know

Jones and his colleagues have spent years studying injuries in basic training populations, as well as specialized occupations such as parachutists. Their studies of injuries show the factors below increase a Soldier's likelihood of experiencing a training-related injury:

- Not being physically active
- Lower aerobic fitness level
- Smoking cigarettes
- Running in older or worn-out shoes
- High-mileage training

- Being too lean or overweight
- Being older than 25

Soldiers, especially those who have any of the risk factors above, can decrease their chance of injury by staying active and by starting slowly before vigorous physical training or other physically demanding activities.

Soldiers should gradually increase the intensity and length of workouts as they become more fit. Workouts should be cut back in intensity and length if soreness or fatigue persist or increases after a good night's sleep, according to Jones.

"It is better to do too little than too much," he advised. "If you feel good today, then repeat it the next day. If you continue to feel good, then keep it at that level. If it feels good for a week or two, then increase," he said.

This approach is the key to getting in shape and staying injury free, according to Jones.

There are many myths concerning training injuries. For example, stretching has little effect on injury rates. Insoles for shoes have not been proven to prevent injuries, according to studies conducted and reviewed by Jones.

Another finding that may be important to Soldiers is that if they smoke, their injury rates are higher, and the more they smoke the higher their risk of injury is, Jones said. For smokers who quit, risk of injury returns to normal.

A new ground-breaking study on military training footwear and musculoskeletal injuries was published this year by a senior CHPPM scientist who works with Jones. This study determined that there is no advantage in having Soldiers wear shoes prescribed on the basis of foot arch height.

However, it is important to wear good, supportive shoes that have good cushioning, adequate stabilization and fit well and are not worn out.

What women should know

Women in Army basic training have twice as many overuse injuries as men, according to Jones. He attributes this to women entering the service with lower physical fitness levels than men and to women's hormonal fluctuations.

Jones explained that when certain hormone levels are high, ligaments become very relaxed and flexible (for example, during early pregnancy or certain parts of the menstrual cycle); bones are affected by hormones as well. This may put women at greater risk for injuries, he said, but staying physically fit and in shape can help women prevent injuries.

Jones's studies show that women and men of equal fitness levels have similar risks of injury during Army training. Women and men of the same fitness level can be expected to complete identical physical tasks and to experience the same amount of injuries, he said.

What leaders should know

The best way for leaders to protect their Soldiers is by preventing overtraining — avoiding thresholds of training above which injury rates increase, but fitness does not.

Leaders also should be aware that Soldiers who are subject to high mileage while training are at an increased risk of injury. High-mileage companies have 50 to 60 percent more lower-extremity injuries than units running lower mileage, according to Jones. Having Soldiers participate in lower mileage training is an excellent way to pre-

vent injury and to reduce the number of Soldiers recycled or discharged during basic combat training, he said.

"Training in ability groups eliminates the problem of having the slower guys getting injured and the faster guys getting less fit when running as a whole group," Jones explained.

Having separate groups allows the most fit group to continue to get fit and not be held back by less fit Soldiers, Jones said. The less fit group can run for the same amount of time at a slower pace. While they will run fewer miles, CHPPM studies have shown they will increase fitness while reducing their risk of injury. This approach makes it possible to avoid exceeding the training-injury threshold for the least fit while not undertraining the most fit.

New and controversial research also has been done on the relationship between flexibility, stretching and injury risks.

"The traditional sports medicine literature suggests that the more flexible you are, the fewer injuries you will have," Jones said. CHPPM scientists have shown that this is not true.

"We found that both extremes of flexibility were bad," Jones said. Individuals who were very inflexible and those who were very flexible were at double the risk of injury during Army basic training compared to those of average flexibility. "So strive to be average," was Jones' ironic advice. "The strongest and most consistent risk factor that we've seen is, the less fit you are coming into the Army, the more injuries you are likely to get," Jones said.

Words to the wise, then: increase fitness training gradually but steadily, and sustain fitness continuously to prevent injuries and decreased individual and unit readiness.

Xylitol gum use protects teeth from decay, weakness

Beth Cameron
U.S. Army Center for Health Promotion and Preventive Medicine

What else can one do to fight tooth decay after brushing and flossing his or her teeth — seeing the dentist, avoiding sugary foods and treats, and drinking fluoridated water?

Dentists now say to chew xylitol (zy-li-tall) gum after every meal to help prevent cavities. Xylitol-sweetened mints can be used by people who can't or prefer not to chew gum.

Xylitol protects teeth in these ways:

- Decreases the levels of cavity-causing bacteria.
- Decreases the amount of plaque.
- Improves hardening of weakened teeth.

Those who do not brush and floss regularly are at higher risk for cavities. Chew sugar-free gum, eat sugar-

free mints and candies, and use toothpaste made with xylitol.

Xylitol is a natural sugar found in fruits and vegetables. It comes from hardwood such a birch tree. The taste is as sweet as sugar, with no artificial aftertaste. Xylitol blocks the production of acid that causes tooth decay. It has been approved for use as a food additive in sugar-free products by the Food and Drug Administration since 1963.

Reasons to chew xylitol gum include these:

- It makes the mouth feel fresh and cool.
- It is a natural sweetener that tastes as sweet as sugar with no aftertaste.
- It has 40 percent fewer calories than sugar.
- It is readily available.
- It is safe.
- It relieves "dry mouth" by increasing saliva.
- It provides an alternative to sugar for people with

diabetes.

— It lowers rates of ear infections in children who chew gum by approximately 40 percent.

Deployed Soldiers are at higher risk for tooth decay and other oral diseases because of reduced flossing and brushing and more frequent sugar intake. To help fight the dental disease that is caused by the foods and drinks that Soldiers consume, the Army distributes xylitol gum in dining facilities. Xylitol gum is also in Soldiers' Meals Ready to Eat.

To find xylitol gum or mints, read labels. Look for xylitol first. It should be the first ingredient listed on the label before other sweeteners such as sorbitol. In chewing gum, xylitol should appear before gum base.

For information about xylitol gum and Soldier oral fitness, visit the Army Center for Health Promotion and Preventive Medicine's oral fitness pages at <http://chppm-www.apgea.army.mil/dhpw/OralFitnessMain.aspx>.

COMMUNITY HIGHLIGHTS

Loveable pets looking for a home



Photos by Susanne Kappler and Ashley Henry

This 9-month-old male boxer-lab mix and 12-week-old black kittens are at the Fort Jackson Veterinary Clinic and need a home. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

This Week

Financial/Relocation Initial PCS

A Financial/Relocation Initial PCS Brief is scheduled for 8:30-10:30 a.m., today at the Education Center, Room B-302.

Leadership Skills for FRG Leaders

A workshop on effective leadership skills for Family Readiness Group leaders is planned from 8:30 a.m. to 12:30 p.m., today at the Joe E. Mann Center conference room. For more information and to register, call 751-5256/6325.

State Fair Military Appreciation Day

Admission to the State Fair will be free tomorrow until 6 p.m. for all active duty military personnel, National Guard members, reservists and dependents with proper identification.

Second Career Seminar

A "Marketing yourself for a second career" seminar is set for 9-11:30 a.m., Friday at the Army Career and Alumni Program Center. The seminar is for officers and senior enlisted Soldiers who plan to leave the service in the next one to five years. For more information and to register, call 751-6062.

Hearts Apart

The Hearts Apart support group will

meet 6-8 p.m., Friday at 5616 Hood St., Room 10. For more information and to register, call 751-5256/6325.

Personal Financial Planning

A Personal Financial Planning class is set for 1:30-3:30 p.m., Tuesday at the Education Center, Room B-302. For more information and to register, call 751-5256/6325.

Managing Children Under Stress

A workshop called Managing Children When Under Stress is scheduled from 11 a.m. to 1 p.m., Tuesday at 5616 Hood St., Room 10. For more information and to register, call 751-5256/6325.

EFMP Outing

The Exceptional Family Member Program will meet for a pumpkin-patch outing at 5 p.m., Tuesday at the United Methodist Church on Trenholm Road. For more information and to register, call 751-5256/6325.

Savings and Investing Class

A Savings and Investing Class is set for 8:30-10:30 a.m., Wednesday at the Education Center, Room B-302. For more information and to register, call 751-5256/6325.

Steps to Federal Employment

A Steps to Federal Employment workshop is set for 8:30-11:30 a.m., Wednesday at the Education Center, Room B-206. For more information and to register, call 751-4867/5452.

Child Abuse Awareness Class

A Child Abuse Awareness Class is scheduled from noon to 2 p.m., Wednesday at 5616 Hood St., Room 10. For more information and to register, call 751-5256/6325.

Phase II Levy Briefing

A Phase II Levy Briefing is set for 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213.

For more information and to register,

Fire prevention contest winners awarded



Photo by Daniel Terrill

The winners of the kindergarten through sixth grade Fire Prevention Week Poster and Essay contest show off their trophies after the awards ceremony Thursday. Judges were volunteers from the Child and Youth Services, Family and Morale, Welfare and Recreation, Balfour Beatty and the Fort Jackson Fire Department.

call 751-5256/6325.

Upcoming

Balfour Beatty Halloween Fun

Balfour Beatty will offer a Halloween quiz contest 3:30-4 p.m. Oct. 23 at the community office. Residents also still have time to decorate yards for the Home Haunt contest. Winners will be announced Oct. 28 and will receive a \$100 gift card from Lowe's.

Starting a Small Business

A seminar on How to Start and Run a Small Business will be hosted by the University of South Carolina Small Business School 9-11:30 a.m., Oct. 28. For more information and to register, call 751-4109/6062.

Careers-on-the-go Seminar

A "Careers-on-the-go" seminar is set for 9-11:30 a.m., Oct. 29 at the Main Post Chapel. The seminar will teach participants how to set up a home-based business and many other tips to create a career that will travel to the next duty station. Call 751-4867/5452 to register.

Announcements

Army Rock Band Cookout

The 282nd Army Rock Band cookout fundraiser is set for today from 11:30 a.m. to 1 p.m. at 3200 Magruder Ave.

2008 Garrison Holiday Celebration

The Directorate of Information Management is conducting meetings for planning the 2008 Garrison Holiday Celebration at 9 a.m. every Friday at 3390 Magruder Ave. To volunteer for the planning committee, call 751-5333.

Customer Assessment

All community members are invited to participate in a customer assessment Oct. 20-Nov. 7. www.myarmyvoice.org/community2008.

Holiday Mailing Deadlines

To ensure holiday cards and packages mailed to APO/FPO addresses arrive by Dec. 25, the United States Postal Service recommends the following schedule:

Parcel Post — deadline for all items to all zip codes is Nov. 13.

Space Available Mail — all items mailed to zip code 093 must be mailed by Nov. 21; items to all other zip codes must be mailed by Nov. 28.

Parcel Air Mail — all items to zip code 093 must be mailed by Dec. 1; items to all other zip codes must be mailed by Dec. 4.

Priority Mail and First-Class Mail Letters and Cards — all items to zip code 093 must be mailed by Dec. 4; items to all other zip codes must be mailed by Dec. 11.

Express Mail Military Service — items cannot be sent to zip code 093; items to all other zip codes must be mailed by Dec. 18. For more information, visit <http://www.usps.com/supportingourtroops/welcome.htm>.

DOIM Closure

The Directorate of Information Management will be closed 7:30-11:30

Inspector General Action Request Session

The U.S. Army Training and Doctrine Command Inspector General team will conduct a sensing session for retirees and family members 8-9 p.m., Tuesday at the 2nd Battalion, 39th Infantry Regiment classroom. The IG Action Request session is set for 3-4 p.m., Tuesday at the Fort Jackson IG Office. For more information, call 751-1922.

Veteran's Day Ball

The second annual 171st Infantry Brigade Veteran's Day Ball begins at 6 p.m., Nov. 7 at the NCO Club. RSVP by Oct. 24. For more information, e-mail Luis.D.Martinez@conus.army.mil or call 751-3318/3316.

COMMUNITY HIGHLIGHTS

Annual 'Trike-a-thon' fun for Soldiers, students



Photo by Cpt. Martin Bush, 193rd Infantry Brigade

Sgt. Seth Brock, 193rd Infantry Brigade, helps a child navigate the North Spring Elementary kindergartner's annual "Trike-a-thon" Friday as part of the Fort Jackson Adopt-A-School program. Eight Soldiers from the 193rd S-3 section helped nearly 100 kindergartners participate in the event.

a.m., the second and fourth Friday of each month for training. For more information, call 751-3646.

Reserve Recruiting

The 1st Battle Command Training Group in Birmingham, Ala., has openings for Soldiers of all military occupational specialties in the rank of sergeant first class through lieutenant colonel.

For more information, call (205) 987-8443 or e-mail Larry.Kingsr@usar.army.mil.

81st RSC JAG Vacancies

The 81st Regional Support Command Office of the Staff Judge Advocate has vacancies for six Reserve officer positions, two civilian attorneys and one civilian paralegal. For more information, call 751-2692/0833.

Landscaping and Refuse Collection

Housing residents are reminded of the weekly landscaping schedule:

- Monday — Pierce Terrace 1 and 2.
- Tuesday — Pierce Terrace 3 and 4;
- Wednesday — Pierce Terrace 5 and 6.
- Thursday — Howie Village and Pershing area.
- Friday — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

Refuse collection is scheduled for regular trash pick up, recyclables and yard debris and bulk trash. No trash of any kind may be put out before to 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

- Monday — Pierce Terrace 1,2,3 and 6.
- Tuesday — Pierce Terrace 4,5,7 and Howie Village.
- Wednesday — recyclables and yard debris;
- Thursday — bulk trash.

For more information, call the Facilities Management Office at 787-6416.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Civil Air Patrol meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail tom.alsup@gmail.com or visit online at www.scwg.cap.gov.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia.

The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the

month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SA/MC/home.htm.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Vietnam Veterans of America Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrogers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will offer free after-school programs for middle-school students. Transportation home is available for \$10 a week.

All Army youth and dependents of Army civilian employees are eligible. For more information, visit

www.bgcmidlands.org or call 231-3300.

Housing Assistance

Military members can find online assistance to find housing by visiting the Automated Housing Referral Network. Referrals are available for on- and off-post housing. For more information, visit www.ahrn.com.



Photos by Ashley Henry

Staff Sgt. James Galvez, drill sergeant candidate, prepares BCT Soldiers for an exercise at Victory Forge.



Staff Sgt. Brandon Wood, drill sergeant candidate, instructs Basic Combat Training Soldiers at the Basic Rifle Marksmanship range. As part of embedded training, Wood helped Soldiers qualify with their weapons.

ing the campaign hat

Ashley Henry
Public Affairs Intern

Training and leading Soldiers is a noncommissioned officer's primary responsibility, but for some, that duty is taken a step further as they train to become drill sergeants at the U.S. Army Drill Sergeant School here at Fort Jackson.

To become a drill sergeant, NCOs go through a nine-week course that involves classroom time, basic rifle marksmanship training, training at various ranges and embedding with a Basic Combat Training unit.

According to Sgt. 1st Class Jason Smith, a drill sergeant candidate, the training is a lot like going through BCT because candidates are doing everything that the BCT Soldiers are doing.

For most of the first month of the course, candidates are in the classroom where they learn about anatomy and physiology, how to prepare a learning objective, develop a training outline and communicate on the spot praises and corrections.

The most beneficial part of the classroom training, "is probably the group discussion which

is based on people's past experiences training other non-IET (initial entry training) Soldiers," Smith said.

Although classroom training is just as important as the hands-on experience the candidates get, most of them agree that they had the most fun visiting and training at the different ranges.

When the candidates visited Victory Tower, they went through the same training as BCT Soldiers; then they got the chance to go through it again and act as a drill sergeant and teach the training to the others in their squad who portray BCT Soldiers.

"It gave us the experience to be more comfortable in front of people," Smith said, "and to be more confident in your abilities as an instructor to teach BCT Soldiers."

Throughout the course, candidates are embedded with a BCT unit and help the drill sergeants train Soldiers.

Staff Sgt. Jason Person, drill sergeant candidate, said embedding provides drill sergeants with some real-life experience to take with them

to their duty assignments because they are able to see what other drill sergeants are going through.

Gaining the hands-on experience by working with drill sergeants and BCT Soldiers is one of the most beneficial parts of the training for the drill sergeant candidates, Pearson said.

Staff Sgt. Jenny Martinez, drill sergeant candidate, agrees.

"You see the ups and downs and you see what to do and what not to do, so you see different aspects of the good and bad," Martinez said.

Many drill sergeant candidates are DA selected and have just returned from combat. Staff Sgt. Jennifer Duffey, drill sergeant candidate, was DA selected into this program but said it was something she had wanted to do.

"Ever since I was in basic training, I looked up to my drill sergeants and I knew they were like the top in the Army and I wanted to be the same," Duffey said. "I wanted to do the best I could and make sure the Soldiers I train would be the best."

Ashley.Rose.Henry@us.army.mil



A drill sergeant candidate gives directions to BCT Soldiers doing battle drills during Victory Forge.



Staff Sgt. Andrew Cunningham, drill sergeant leader, instructs drill sergeant candidates Sgt. 1st Class Jason Buchanan, top, and Staff Sgt. Anton Kremer during a combatives lesson at Vanguard Gym. The candidates used their partners to practice how to teach the lesson to BCT Soldiers.

CHALKBOARD

South Carolina requires exit exam for high school

Ruth Russell

Army School Liaison

Getting a high school diploma can be a tricky maneuver for military children. Not only are credit requirements often different from state to state, but some states also require students to pass a high school exit exam to receive a diploma.

Most military children moving during high school years are likely to encounter a state requiring some sort of exit exam. Exams vary from place to place. One component of the "Interstate Compact on Educational Opportunity for Military Children" is to address the problem of military students taking multiple exit exams as they move from state to state.

Military children can also experience a disadvantage when taking these exams if state history not studied in previous locations is included on the exam. Currently, 11 states are part of this new compact, which in part allows states to accept exit exams from other states.

South Carolina is not yet a member of the compact, but the state legislature is beginning to hear from military

families with children affected by multiple moves. For information on this compact, visit www.csg.org/programs/ncic/EducatingMilitaryChildrenCompact.aspx.

In addition to earning the 24 Carnegie Units required by the state, South Carolina students must pass the South Carolina High School Assessment Program to receive a high school diploma. Students are given several opportunities to pass the exam during high school.

The HSAP tests assess mastery of the state's curriculum standards in English and mathematics. The tests assesses what students are expected to know and be able to achieve in each subject. Mathematics and English each have four achievement levels — 1, 2, 3 and 4.

A student must score level 2 or higher on each test to meet the graduation requirement. Students who score level 2 or higher on either test will not need to take that test again.

Public school students take the HSAP tests for the first time during spring of their sophomore year. Students who do not score at level 1 on either test will be scheduled to retake the test at the next administration.

HSAP tests are given administered for a period of three days. There are two sessions for English and one session for mathematics. The HSAP tests are not timed.

Students with disabilities may use any testing accommodations and modifications specified on their individualized education programs or 504 accommodation plans.

Students who meet the state criteria for alternate assessments and who are 15 years old on Sept. 1 of the current school year will take the HSAP-Alt. Students with limited English proficiency may use the testing accommodations addressed in the HSAP Test administration manual.

HSAP scores are combined to produce school and district performance data that are published each year on the state report card. HSAP scores are also used to calculate and report each school's or district's status of adequate yearly progress.

For more information about the HSAP, call 751-6150, visit ed.sc.gov/agency/Accountability/Assessment/old/assessment/programs/hsap/ or contact your high school guidance office.



Fort Jackson Schools

Early dismissal at 11:30 a.m., Oct. 27.

Parent teacher conferences, Nov. 3. Schools will be closed for **Veterans' Day** Nov. 4.

Richland District One

A **School Board Meeting** is scheduled for 7 p.m., Oct. 28 at Sandel Elementary School. Parents are welcome.

A **School Board Meeting** is scheduled for 7 p.m., Nov. 11 at the district office. Parents are welcome.

South Carolina **High School Assessment Program**, Tuesday-Friday.

Report cards are issued Oct. 29.

Early dismissal and **Parent teacher conferences**, Oct. 30.

A teacher workday and **student holiday** is scheduled for Nov. 3.

Schools will be closed for **Veterans' Day** Nov. 4.

Early dismissal Nov. 12 for elementary and middle school students.

A **Post Secondary Education Fair** is scheduled from 8 a.m. to 4 p.m., Nov. 13 at the Carolina Coliseum. The theme is "My Tomorrow Begins Today." Approximately 150 colleges, universities, agency representatives and the military will be present. The event is open to 11th and 12th grade students.

Richland District Two

A **School Board Meeting** is scheduled for 7 p.m., Oct. 28 at Ridge View High School. Parents are welcome.

A **School Board Meeting** is scheduled for 7 p.m., Nov. 11 at Dent Middle School. Parents are welcome.

South Carolina **High School Assessment Program**, Tuesday-Friday.

A teacher workday and **student holiday** is scheduled for Oct. 24.

Report cards are issued Oct. 27-31.

Early dismissal Nov. 12 for elementary school students.

Dent Middle School Civil Air Patrol is asking for **old BDUs/ACUs** for its program. Call 699-2750 ext. 72007 for more information.

Fort Jackson Homeschoolers

A get-together for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

A workshop entitled "**Getting Started with Home Schooling**" is set for 7-8:30 p.m., Oct. 28. The workshop is free. For more information, call 454-0427 or e-mail SCAIHS@scaihs.org.

College

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

Announcements

Partnerships in Education is requesting participation in a survey of school transition issues by military families with school-age dependents. The survey is located online at www.fort-jackson.mwr.com/school_liaison/.

Soldiers may request to **remain in a current duty assignment** until his or her high school student graduates. To make the request, Soldiers must submit DA Form 4187 through his or her chain of command to Personnel Command. For more information, call (703) 325-4422/5191.

Editor's Note: For more information on *Army School Liaison Services*, call 751-6150 or e-mail Ruth.C.Russell@us.army.mil.

Transportation between Youth Services Center and high schools

In response to teens wanting after-school transportation from local high schools, Child, Youth and School Services wants to get this service off the paper and on the road.

The plan is to pick up students Tuesday through Friday afternoons when high schools are in full-day session.

With funding through the Army Family Covenant Program, this service will be free for students with a free CYS2 membership.

One essential piece of information needed to get it rolling is determining students from which high schools are interested in transportation.

The high schools considered for pick up are Blythewood, Spring Valley, Ridge View and Richland Northeast in Richland 2 and in Lower Richland and Dreher in Richland 1.

If you want to add your input, call 751-6387 or e-mail Marilyn.Carver@us.army.mil with information on the school where you or a family member would like to be picked up.

CHAPEL

At the bottom of the river

Chaplain (Maj.) Byron Collins
Installation Chaplain Office

“So he went with them. And when they came to Jordan, they cut down wood. But as one was felling a beam, the ax head fell into the water: and he cried, and said, Alas, master! for it was borrowed. And the man of God said, Where fell it? And he shewed him the place. And he cut down a stick, and cast it in thither, and the iron did swim. Therefore said he, Take it up to thee, And he put out his hand, and took it.” II Kings 6:4-7 (KJV)

Soldiers, during training, exercises and war, encounter many obstacles. We face life’s interruptions in our mission as we carry out our daily task just as this young man did as his ax head flew off into the river.

Sometimes we are challenged by the things we bring from home, others we create in the field and, before you know it, those challenges progress beyond our control. Too often, even our best thought-out plans are tested.

We must recover immediately, or else suffer the loss of property, the loss of limbs or even the loss of life. Therefore, our mission must be full of contingencies, or all our hopes could face defeat.

In today’s world, the loss of an ax head may seem insignificant, but it was important to them. Iron was scarce. It was the young man’s livelihood and his protection.

This is a lesson of admonishment for us, every Soldier, every Airman, every Sailor and every Marine as we train to value the equipment that will certainly sustain us in the heat of battle.

It is imperative that we understand why we eat, sleep and literally live with our weapons “24-7-365” and our “battle buddy.” We rely on them, for they are an intricate part of our lives as we give life and meaning to their survival as well as ours.

In addition, all of us fight battles not just from without, but many from within. The Apostle Paul warns us that we should be strong in the Lord, and in the power of his might. We should put on the whole armor of God that we may stand against the wiles of the devil.

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of darkness of this world, against spiritual wickedness in high places. Wherefore we must put on the whole armor of God that we may be able to withstand in the evil day, and having done all, to stand.” Ephesians 6:12-14a.

This student cried out in desperation to

Worship services

Protestant

■ Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School

■ Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY

■ Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)

■ Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)

■ Thursday 9:30 a.m.-noon Women's Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)

■ Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

■ Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)

■ Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

■ Sunday 8 a.m. Memorial Chapel

Islamic

■ Sunday 8-10 a.m. Islamic Studies

■ Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

Church of Christ

■ Sunday 11:30 a.m. Anderson Chapel

Catholic

■ M-F 11:30 a.m. Mass (Post Chapel)

■ Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry

■ Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

■ Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

■ Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324
Chaplain School — 10100 Lee Road, 751-8050

Elisha. He knew without the ax head he could not complete his mission. He had done nothing wrong, however even our best efforts are met with unforeseen tragedies. We must always remember that God is concerned about the smallest matter even when one’s life or hope is at the bottom of the river.

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

A Soldier’s wife was charged with domestic assault after a fight with her husband, Military Police said. The Soldier was struck in the face and the arm, but was not seriously injured, according to MPs.

A storage shed in housing was vandalized with graffiti.

A civilian, who has no association with Fort Jackson, was cited for driving with a suspended license and speeding, MPs said. A traffic stop for speeding revealed that the civilian was driving with a suspended license.

A civilian was escorted off post after loitering in the Basic Combat Training barracks, authorities said.

The man was trying to visit his fiancé’ in basic training, according to MPs.

Provost Marshal’s Tip of the Week
While encounters with deer are a year-round event, drivers can increase their safety by following these suggestions:

— As soon as you see a deer, slow down and prepare to stop. It is safer to stop than to attempt evasive action.

— Where you see one deer, there may be more — deer often travel in small groups.

— Most deer-vehicle crashes occur at dawn and dusk, when deer are most active.

— Deer eyes may reflect in headlights — be alert for that.

— Scan roadsides. Deer frequently feed in the roadways and may not be noticed by drivers who are constantly looking straight ahead.

— Remember that it is safer to hit a deer than to swerve into oncoming traffic or to the side of the road and risk hitting another vehicle or roadside object.

Apply brakes firmly, hold onto the steering wheel and bring the vehicle to a controlled stop.

— If you hit a deer, call 911; law enforcement officers will help with injuries and write a report to provide to your insurance company.

— It is illegal to take a deer without a permit; people who hit a deer or find a deer carcass should contact the Military Police for coordination of removal.

— Drive at speeds that are safe for road and weather conditions. Remember that the posted speed limit is the fastest a vehicle is allowed to travel.

— Use seat belts to reduce the possibility of death or injury, and to avoid being ejected from the vehicle in case of a crash.

FORCE PROTECTION
THOUGHT OF THE WEEK

The Third Sign of Terrorism

3 Tests of security

Tests of security or probing are techniques terrorists would use to attempt to gather data. These are usually conducted by driving past or even penetrating the target, moving into sensitive areas, and observing security or law enforcement response. Specific areas of interest to terrorists would include how long it takes security or law enforcement to respond to an incident.

DHR

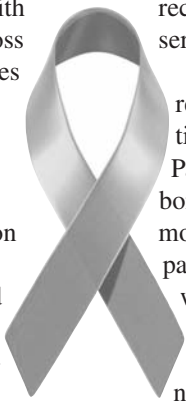
Red Ribbon Week starts

Sandra Barnes
Army Substance Abuse Program

The annual celebration of National Red Ribbon Week is Oct. 23-31, with communities and students across America committing themselves to living drug-free lives. This year's theme is, "Ask me, see me, be me — heroes remain drug free."

Members of the Fort Jackson community are invited to join the campaign by wearing a red ribbon.

Red Ribbon Week is an important tradition for the Army Substance Abuse Program and the drug-prevention community. The event, which has become a national symbol of drug prevention, began as a grassroots tribute to Drug Enforcement Agency Special Agent



Enrique "Kiki" Camarena, who was killed by drug traffickers.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to preserve Camarena's memory.

Red Ribbon Week is the most far-reaching and well-known drug prevention event in America. National Family Partnership, which coordinates Red Ribbon activities nation-wide, estimates that more than 80 million Americans participate in Red Ribbon Week events. By

wearing a red ribbon during Red Ribbon Week, Americans demonstrate their opposition to drugs. They pay homage not only to Camarena, but to all men and women who have made the ultimate sacrifice in supporting the nation's struggle against drug trafficking and abuse.

If you have a question about the Red Ribbon Campaign, call 751-5007.

ASAP Calendar of Events

The Alcohol and Drug Abuse Prevention and Training Program is scheduled from 7:30 a.m. to 4:30 p.m., Monday-Tuesday. The two-day class is open to anyone interested in learning more about alcohol and drug abuse. It is also for those who the command feels could benefit from re-education. The class is offered monthly in the ASAP classroom, 3250 Sumter Ave.

Unit Prevention Leader training is scheduled from 7:30 a.m. to 4:30 p.m., Oct. 29-31. The training is required for newly-assigned unit prevention leaders. It includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get the request forms in early. The uniform will be duty uniform. Reminder: Please do not schedule appointments during class time.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use. ASAP staff is available to give presentations on alcohol and drug abuse. For questions about classes offered or about substance abuse, call 751-5007.

SPORTS/FITNESS

Defense seals 7-2 win for VSB

Daniel Terrill
Leader Staff

Victory Support Battalion relied on a strong defense in a 7-2 victory over the SC National Guard Tuesday night at Hilton Field.

"It was a hard fought game," said Rodney Brown, SC National Guard coach. "Everybody was playing hard."

The SC National Guard's offense started slow and never got in sync. On the first play, the Guard received an offside penalty. And after almost throwing an interception on third down, it was forced to punt, which set the tone for the rest of the game.

"On offense, we stuttered a little bit," Brown said. "We should have taken more of our long routes because our short routes weren't really working."

Defensively, the Guard intercepted VSB quarterback Penieli Tela three times.

VSB picked off Guard quarterback Corjamen Richardson once. Eric Jawoski returned the pick for 15 yards.

Richardson shared quarterback duties with Kassius Williams throughout the game.

On VSB's first possession, it scored. Tela

threw a 5-yard scoring pass for the only touchdown of the game and then threw again, converting for the extra point.

"We had one good scoring drive, basically. That's what kept us in the game," Tela said.

VSB didn't rely on its passing game, throwing only occasionally.

"We kept it simple," Tela said. "But we had some good players who played well individually, putting together the teamwork."

VSB's Steven Lee deflected a pass from Guard quarterback Richardson's hands midway through the second half.

John Heiseler hampered SC National Guard's running game and was credited with three tackles.

Quarterback Williams led the Guard in rushing with about 25 yards. He ran for 18 yards, scrambling to avoid the pass rush.

Despite the victory, Tela sees room for improvement.

"We have to work more on our offense getting everybody in sync."

VSB's record stands at 3-2. SC National Guard is 2-2.

Daniel.Terrill@us.army.mil



Photo by Daniel Terrill

Corjamen Richardson, SC National Guard, looks downfield during Tuesday night's game against VSB at Hilton Field. VSB won, 7-2.

Pigskin time



Photo by Daniel Terrill

Quarterback Keith Isom, 187th Ordnance Battalion, dodges the Drill Sergeant School's defense during overtime Tuesday at Hilton Field. DSS won, 26-19.

Sports Briefs

Volunteer Cheerleading Coaches

Volunteer youth cheerleading coaches are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their own children also play sports — 100 percent for the first child; 50 percent for siblings. For more information or to volunteer, call 751-5040.

Youth Basketball, Cheerleading

Registration will be accepted until Nov. 17 for youth basketball and cheerleading. The season for both runs December through February. Practices will be once a week for 4-7 year olds and twice a week for 8-18 year olds. Games are played on Saturdays. The fee for basketball is \$40 for the first child and \$36 for siblings and includes a jersey, shorts and a trophy. The fee for cheerleading is \$30 for the first child and \$27 for siblings and includes a skirt, a top and a trophy.

Important Numbers

For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.